



## **SUDBURY & DISTRICT SWIMMING CLUB**

(Affiliated to Suffolk County ASA & Swim England East)

### **JANUARY LAST CHANCE TIME TRIAL**

(Held Under ASA Laws & Regulations and ASA Technical Rules of Racing  
and to the ASA Open Meet Licensing Criteria)

**Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> January 2019**

Kingfisher Leisure Centre, Sudbury

Level 3 Licence: 3ER190028

# **January Last Chance Time Trial**

Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> January 2019



## **ENTRY PACK**

If you need further help please don't hesitate to call or look us up on the Internet at

[www.sudburyswimming.org.uk](http://www.sudburyswimming.org.uk)

Where general information about us and further entry packs can be found.



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### Rules and Conditions

- 1 All entrants must be Category 2 registered members of an ASA affiliated club.
- 2 All ages will be at 6<sup>th</sup> January 2019.
- 3 The promoter Karen Bedford acting for and on behalf of the promoting club, Sudbury & District Swimming Club will accept entries on a first come first served basis to ensure a maximum swim time of 7½ hours a day and maximum individual session time of 3 hours.
- 4 Entry times must have been achieved since 1<sup>st</sup> March 2018 and should be no faster than the cut off times provided. Short course or converted long course times will be accepted.
- 5 Incomplete entries, Late entries, Day of Meet entries and Day of Meet alterations will only be accepted if due to administrative error or if the meet is under subscribed and sessions timings are not significantly affected by any changes.
- 6 'Over the top' starts will be used at the referee's discretion.
- 7 The heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 8 Results will be available on the club's website or can be issued in electronic format (HTML) please provide a USB Memory stick on the day of the meet, NO CD/DVD's.
- 9 No swimmer may enter the water during warm up unless under the supervision of his or her team coach. There will be no diving during the warm up periods except in designated sprint lanes.
- 10 The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth in lane 6 is 1.00m and in lane 1 is 2.00m. The height of the starting blocks above the surface of the water is 630mm. Only swimmers who have achieved the ASA Competitive Start Award or equivalent are permitted to use the starting blocks. Swimmers who are starting in the water must report to the Referee.
- 11 Electronic entries would be preferred, if you are happy to use this method please email the promoter and they will issue your appointed Club Official with a formatted spreadsheet to complete and email back by the closing date. The completed entry forms to support the spreadsheet must be sent to the promoter by 20<sup>th</sup> December 2018.
- 12 Entries can also be made on the enclosed form (please feel free to photocopy) and posted to the promoter by the closing date, but only forms with original signatures will be accepted.
- 13 **Clubs with more than 1 swimmer entering should consolidate ALL entries – 1 payment per club.**
- 14 Prior to the meet accepted entries for each club will be sent via email to 1 nominated contact only. For individual entries, a full list of accepted entries will be available on the club website. **Please check details carefully & report back to the promoter promptly if any errors are found.**
- 15 Withdrawal forms will be included for each session in each club's coach pack.
- 16 Entry fees will be **£4.00** per event. Cheques should be made payable to Sudbury & District Swimming Club (S.D.S.C.) Club's wishing to pay by direct bank transfer please contact the promoter for SDSC Bank Account details.
- 17 Coach Passes will cost £5.00 per day excluding food or £15.00 per day including food & drinks in both breaks on Saturday and Sunday.
- 18 **CLOSING DATE FOR ENTRIES IS MONDAY 17<sup>th</sup> DECEMBER 2018.**
- 19 Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.
- 20 Contact the Promoter, Karen Bedford on [sdsc.galas@gmail.com](mailto:sdsc.galas@gmail.com) if further information is required.
- 21 Entries to this meet will be held on a computer and consent to holding of personal information as required by the Data Protection Act 1998 will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
- 22 In accordance with the ASA Child Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography and filming at this event then please bring them to the attention of the Promoter.
- 23 All participants must observe the safety precautions in operation at Kingfisher Leisure Centre. Neither the Promoter nor Sudbury and District Swimming Club will be responsible for any loss or damage occurring during this meet.



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### Programme of Events

#### Session 1 Saturday 5<sup>th</sup> January

WARM UP 13.00pm START 13.45pm

- Event 1 Male 400m Individual Medley
- Event 2 Female 100m Freestyle
- Event 3 Male 50m Breaststroke
- Event 4 Female 100m Backstroke
- Event 5 Male 200m Butterfly
- Event 6 Female 100m Individual Medley
- Event 7 Male 50m Freestyle

#### Session 2 Saturday 5<sup>th</sup> January

WARM UP TBA START TBA

- Event 8 Female 400m Individual Medley
- Event 9 Male 100m Freestyle
- Event 10 Female 50m Breaststroke
- Event 11 Male 100m Backstroke
- Event 12 Female 200m Butterfly
- Event 13 Male 100m Individual Medley
- Event 14 Female 50m Freestyle

#### Session 3 Sunday 6<sup>th</sup> January

WARM UP 9.00am START 9.45am

- Event 15 Male 200m Backstroke
- Event 16 Female 400m Freestyle
- Event 17 Male 50m Butterfly
- Event 18 Female 50m Backstroke
- Event 19 Male 200m Breaststroke
- Event 20 Female 100m Butterfly

#### Session 4 Sunday 6<sup>th</sup> January

WARM UP TBA START TBA

- Event 21 Male 400m Freestyle
- Event 22 Female 200m Backstroke
- Event 23 Male 50m Backstroke
- Event 24 Female 50m Butterfly
- Event 25 Male 100m Butterfly
- Event 26 Female 200m Breaststroke

#### Session 5 Sunday 6<sup>th</sup> January

WARM UP TBA START TBA

- Event 27 Male 200m Individual Medley
- Event 28 Female 100m Breaststroke
- Event 29 Male 200m Freestyle
- Event 30 Female 200m Individual Medley
- Event 31 Male 100m Breaststroke
- Event 32 Female 200m Freestyle



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Upper Limit Times = No Faster Than

Age as at 6<sup>th</sup> January 2019

QT	FEMALE QUALIFYING TIMES								EVENT	MALE QUALIFYING TIMES							
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+yrs		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+yrs
Upper	37.0	33.0	30.0	29.0	28.0	27.0	26.0	25.0	50m Free	37.0	33.0	30.0	28.0	26.0	25.0	24.0	23.0
Upper	1.20.0	1.10.0	1.04.0	1.03.0	1.01.0	1.00.0	59.0	58.0	100m Free	1.20.0	1.10.0	1.04.0	1.00.0	56.0	54.0	52.0	51.0
Upper	2.46.0	2.33.0	2.22.0	2.15.0	2.10.0	2.08.0	2.06.0	2.04.0	200m Free	2.44.0	2.31.0	2.20.0	2.12.0	2.04.0	2.00.0	1.54.0	1.52.0
Upper	5.57.0	5.26.0	4.56.0	4.44.0	4.35.0	4.30.0	4.26.0	4.24.0	400m Free	5.55.0	5.24.0	4.56.0	4.39.0	4.24.0	4.15.0	4.04.0	4.00.0
Upper	41.0	37.0	35.0	34.0	33.0	32.0	31.0	30.0	50m Back	41.0	37.0	35.0	32.0	31.0	30.0	29.0	28.0
Upper	1.30.0	1.20.0	1.16.0	1.11.0	1.09.0	1.07.0	1.05.0	1.04.0	100m Back	1.30.0	1.20.0	1.16.0	1.11.0	1.07.0	1.04.0	1.01.0	1.00.0
Upper	3.11.0	2.53.0	2.40.0	2.31.0	2.26.0	2.24.0	2.20.0	2.19.0	200m Back	3.11.0	2.53.0	2.40.0	2.29.0	2.20.0	2.15.0	2.08.0	2.06.0
Upper	45.0	41.0	39.0	38.0	37.0	36.0	35.0	34.0	50m Breast	45.0	41.0	39.0	37.0	34.0	33.0	32.0	31.0
Upper	1.45.0	1.34.0	1.25.0	1.21.0	1.18.0	1.16.0	1.15.0	1.14.0	100m Breast	1.45.0	1.34.0	1.25.0	1.20.0	1.14.0	1.11.0	1.07.0	1.06.0
Upper	3.35.0	3.20.0	3.05.0	2.55.0	2.49.0	2.46.0	2.43.0	2.42.0	200m Breast	3.35.0	3.20.0	3.05.0	2.53.0	2.42.0	2.36.0	2.28.0	2.25.0
Upper	40.0	36.0	34.0	33.0	32.0	31.0	30.5	30.0	50m Fly	40.0	36.0	34.0	32.0	30.0	29.0	27.5	26.0
Upper	1.29.0	1.19.0	1.15.0	1.10.0	1.08.0	1.06.0	1.05.0	1.04.0	100m Fly	1.29.0	1.19.0	1.15.0	1.09.0	1.04.0	1.01.0	58.0	56.0
Upper	3.16.0	3.04.0	2.47.0	2.37.0	2.30.0	2.27.0	2.24.0	2.22.0	200m Fly	3.16.0	3.04.0	2.47.0	2.35.0	2.24.0	2.17.0	2.10.0	2.07.0
Upper	1.26.0	1.22.0	1.18.0	1.15.0	1.13.0	1.12.0	1.09.0	1.08.0	100m IM	1.26.0	1.22.0	1.18.0	1.12.0	1.08.0	1.05.0	1.02.0	1.00.0
Upper	3.08.0	3.00.0	2.45.0	2.36.0	2.30.0	2.27.0	2.24.0	2.22.0	200m IM	3.08.0	3.00.0	2.45.0	2.32.0	2.23.0	2.18.0	2.14.0	2.10.0
Upper	6.38.0	6.20.0	5.46.0	5.27.0	5.16.0	5.14.0	5.05.0	5.04.0	400m IM	6.38.0	6.20.0	5.46.0	5.24.0	5.10.0	5.05.0	4.45.0	4.37.0



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### Male Entry Form

Name (As registered with the ASA) \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone Number \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

ASA Reg No \_\_\_\_\_ CLUB \_\_\_\_\_

Event	Distance/Stroke	Time
1	400m I.M.	
3	50m Breaststroke	
5	200m Butterfly	
7	50m Freestyle	
9	100m Freestyle	
11	100m Backstroke	
13	100m I.M.	
15	200m Backstroke	

Event	Distance/Stroke	Time
17	50m Butterfly	
19	200m Breaststroke	
21	400m Freestyle	
23	50m Backstroke	
25	100m Butterfly	
27	200m I.M.	
29	200m Freestyle	
31	100m Breaststroke	

Total No of entries _____ @ £4.00 each	£	:
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I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club) **Signature of competitor:** \_\_\_\_\_

I certify that the above competitor is an ASA registered member of our club and are eligible to compete as defined

by ASA law: **Signature of Club Official:** \_\_\_\_\_ **Post:** \_\_\_\_\_

Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) and

Send to:-

**Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN**

**CLOSING DATE Monday 17<sup>th</sup> December 2018**



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### Female Entry Form

Name (As registered with the ASA) \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone Number \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

ASA Reg No \_\_\_\_\_ CLUB \_\_\_\_\_

Event	Distance/Stroke	Time
2	100m Freestyle	
4	100m Backstroke	
6	100m I.M.	
8	400m I.M	
10	50m Breaststroke	
12	200m Butterfly	
14	50m Freestyle	
16	400m Freestyle	

Event	Distance/Stroke	Time
18	50m Backstroke	
20	100m Butterfly	
22	200m Backstroke	
24	50m Butterfly	
26	200m Breaststroke	
28	100m Breaststroke	
30	200m I.M.	
32	200m Freestyle	

Total No of entries _____ @ £4.00 each	£	:
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I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club) **Signature of Competitor:** \_\_\_\_\_

I certify that the above competitor is an ASA registered member of our club and are eligible to compete as defined

by ASA law: **Signature of Club Official:** \_\_\_\_\_ **Post:** \_\_\_\_\_

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### Summary Form

CLUB \_\_\_\_\_

CLUB CONTACT NAME \_\_\_\_\_

Telephone Number \_\_\_\_\_

Email Address \_\_\_\_\_

	No		Total
Male Entries		@ £4.00 each	£ :
Female Entries		@ £4.00 each	£ :
Coach Pass for Saturday (exc. food)		@ £5.00 each	£ :
Coach Pass for Saturday (inc. food)		@ £15.00 each	£ :
Coach Pass for Sunday (exc. food)		@ £5.00 each	£ :
Coach Pass for Sunday (inc. food)		@ £15.00 each	£ :
		Total	£ :

We are also able to export the results in electronic format (HTML) to a USB memory stick.

Results will also be published on our website [www.sudburyswimming.org.uk](http://www.sudburyswimming.org.uk)

**Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) – 1 PAYMENT PER CLUB  
and send to:-**

**Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN**

**Please note list of accepted entries will be sent to only 1 named contact at each club**

**CLOSING DATE for Entries: Monday 17<sup>th</sup> December 2018**



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### Officials Details

*We would be grateful for all offers to help with officiating at the meet and will endeavour to provide mentoring opportunities for trainee officials provided we have sufficient numbers.*

CLUB \_\_\_\_\_

#### Saturday 5<sup>th</sup> January 2019

Name of Official (Session 1)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

Name of Official (Session 2)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

#### Sunday 6<sup>th</sup> January 2019

Name of Official (Session 3)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

Name of Official (Session 4)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

Name of Official (Session 5)	Referee	Starter	Judge L2	Judge L1	JL1 Trainee*

\* JL1 Trainee's must be Qualified Timekeepers to officiate at a Level 3 licensed meet.

CLUB CONTACT NAME: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_